

Microdosing Benefits  
Categories: 11

Concepts: 21

Codes: 46

Creativity	Improved Mood	Improved Focus	Self-Efficacy	Improved Energy	Social Benefits	Cognitive Benefits	Reduced Anxiety	Physiological Enhancement	Other Perceived Benefits	Reduced Symptoms (Other)
Concepts: 2 Codes: 3	Concepts: 3 Codes: 7	Concepts: 2 Codes: 4	Concepts: 2 Codes: 7	Concepts: 1 Codes: 4	Concepts: 1 Codes: 4	Concepts: 1 Codes: 3	Concepts: 1 Codes: 2	Concepts: 3 Codes: 4	Concepts: 3 Codes: 5	Concepts: 2 Codes: 3
Creativity	Improved Mood	Improved Focus	Self-Efficacy	Improved Energy	Social Facilitation	Cognitive Enhancement	Reduced Anxiety	Physiological Enhancement	Novelty	Reduced Stress
Creativity	Improved Mood	Improved Focus	Improved Motivation	Improved Energy	Sociability	Cognitive Enhancement	Reduced Anxiety	Physiological Enhancement	Novelty	Reduced Stress
Meta-Creative Processes	Reduced Depression		Improved Productivity	Alertness	Empathy	Clarity of Thought	Reduced Social Anxiety	Sleep		Reduced Trauma Sensitivity
Perspective Shifting	Calm	Awareness	Confidence	Wakefulness	Connection	Memory			Misc	
Openness	Emotional Intelligence	Heightened Awareness	Sense of Agency	Stimulation	Improved Communication Skills			Reduced Aches	Lack of Side-Effects	Reduced Substance Dependence
	Emotional Intelligence	Mindful Presence						Reduced Headaches	Dose Control	Reduced Substance Dependence
	Improved Outlook	Engagement	Self-Care					Sensory Enhancement	Misc	
	Spirituality		Self-Care					Improved Senses	None	
	Appreciation		Introspection							
	Positive Outlook		Improved Meditation							

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*Concepts: 23*

Codes: 44

[illegible]